

PRINCE OF POISE

WHILE RELAXING IN LAS VEGAS, ROYAL BACHELOR PRINCE HARRY WAS A TRUE GENTLEMAN IN TAKING TIME TO SPEAK WITH ADORING LADIES

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Tuesday, August 21, 2012



ottawa



Legislation could prevent teacher strikes

At odds. Union accuses Liberals of picking fight, while party says precautions necessary



JESSICA SMITH
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An Ottawa teachers' union says parents need not fear a strike — it's the government trying to cause a labour "crisis."

The government announced Monday the legislature will be recalled Aug. 27 to consider the "Putting Students First Act."

"The word 'draconian' springs to mind, but I think that understates it," said Peter Giuliani, president of the Ottawa-

Carleton Elementary Teachers' Federation. "I do believe you have a government here that's determined to provoke a fight."

The legislation, if passed, would prevent teacher strikes and lockouts for two years and allow the minister to dictate teachers' contracts.

Francophone and Catholic teachers unions have already agreed on contracts, which the government wants the other unions to follow.

"Anybody would think we've called general strikes and were about to cripple the country. We haven't even had a strike vote," Giuliani said.

The local always calls a strike vote during negotiations, he added. Giuliani said his local, and its parent union the Elementary Teachers' Federa-

tion of Ontario, never planned to disrupt services to students.

Dan Maxwell, president of the Ottawa branch of the Ontario Secondary School Teachers' Federation, echoed Giuliani. Maxwell said his local had plans to continue negotiations next week and hold strike votes in early September.

McGuinty, while in Ottawa Monday, said that the legislation aims to save \$2 billion over two years by preventing the previous contracts from rolling over as of Aug. 31.

Asked if he believed unions' claims they will not strike, he said that they have talked about holding a day of action and are planning to call strike votes.

"It would be irresponsible for us to ignore those possibilities," he said.

RAISING A PROUD FLAG

From left: MPP Yasir Naqvi, Capital Pride Week grand marshal T. Eileen Murphy, Mayor Jim Watson and Coun. Diane Holmes mark the beginning of Pride in Ottawa with the raising of the rainbow flag at city hall on Monday. Pride flag-raising ceremonies were conducted by a number of city institutions, including police, firefighters and paramedics.

JESSICA BEDDAOUI/METRO

Coca-Cola all shaken up

Beverage company voices concerns over Ottawa Public Health campaign

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An apology worth \$100

BoC apologizes for image of Asian woman being removed from \$100 banknote

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Women can tee off too

After 80 years, Augusta National Golf Club allows women to become members

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Win a Baby finalist wants to keep infertility in spotlight

Art contest launched.
Mom-to-be hopes new competition revives talk about struggles of trying to conceive



JOE LOFARO
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A woman who won a fertility treatment through a controversial radio contest wants to keep the discussion about infertility going with a contest of her own in Ottawa.

Natasha Derouchie and her husband Ryan — as well as four other local couples — won fertility treatments from Hot 89.9's Win a Baby contest in October.

After five years of struggling to conceive a child on her own, it took her just one in vitro fertilization (IVF) treatment to get pregnant. She and her husband are expecting a baby boy in November.

Now the Ottawa woman is encouraging people from

Expressions of Infertility

- Art can be submitted after a launch event at the Delta Hotel on Lyon Street on Thursday. Applicants have until Oct. 25 to submit their work.
- More information about the contest is available at expressionsofinfertility.blogspot.ca.

all walks of life to submit artwork to an upcoming contest called Expressions of Infertility.

The goal of the contest is to bring back the discussion Hot 89.9 started with their contest and to create a better understanding of the struggles that come with infertility.

"There was a lot of attention about infertility and there was a lot of talk about it, especially around election time there were people talking about OHIP for IVF," said Derouchie. "It was in the news, it was everywhere and



Ryan and Natasha Derouchie, finalists in the Hot 89.9 Win a Baby contest, appear in a file photo taken when they visited the radio station to announce they had conceived. CONTRIBUTED

it's been gone ever since."

The Ottawa Fertility Centre is handing out a \$1,000 cash reward for the winner and

\$500 for the runner-up in each category.

The categories are photography, painting/mixed media

and poetry/prose.

Follow Joe Lofaro on Twitter @giuseppelo



Multimillion-dollar plan to reshape Tunney's Pasture



On Monday, Foreign Affairs Minister John Baird announced community consultations will be held Sept. 17 for a multimillion-dollar, 25-year plan for Tunney's Pasture. GRAHAM LANKTREE/METRO

Tunney's Pasture is getting a multimillion-dollar facelift with a master plan to be revealed in 2013, Foreign Affairs Minister John Baird announced Monday.

At an open-house community consultation in September, the public will get to weigh in on what it would like to see done with the site, Baird said.

"We're asking for public interaction. We want to know how the site can be redeveloped with the community in mind," Baird said, asking residents to "think about the Ot-

Quoted

"We want to know how the site can be redeveloped with the community in mind."

Foreign Affairs Minister John Baird

tawa you want for the future."

Plans, he said, could see some buildings torn down and others refurbished, all with a view to accommodating an expanded workforce at the site

— from 10,000 employees now to as many as 20,000 in the future.

"There are also opportunities for residential development and commercial development," Baird said. "We can rejuvenate it and make it better for people who work here. We want to work with the city, since they have an eye to intensification."

Public consultations will take place Monday, Sept. 17 from 5 to 8 p.m. at 170 Tunney's Pasture in the conference room. GRAHAM LANKTREE/METRO

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Coca-Cola worried about Ottawa Public Health campaign

Social-media PSA.

Managers send letters outlining concerns, highlighting Coke's local economic contributions



JESSICA SMITH
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A handful of local Coca-Cola managers wrote letters to Mayor Jim Watson expressing their "concern" over an Ottawa Public Health plan to launch a social-media campaign about sugar-sweetened beverages — and reminding him of the company's economic contributions to the region.

"On behalf of Coca-Cola Refreshments Canada, I am very concerned that Ottawa Public Health is considering advertisements targeting the beverage industry, with a particular focus on sugar sweetened beverages," wrote Russell Coburn, distribution centre manager Ottawa/Ontario.

"My concern is that public funds would be used to portray a single product category as a leading cause of obesity."

Coburn's letter stressed the company's "significant economic presence" in the area. "We are proud to employ ap-

proximately 200 employees in two facilities and indirectly employ hundreds of people across this region," he wrote.

The letter also included an accounting of the company's charity and health-promotion work.

"We want to work collaboratively with City Council and Ottawa Public Health to identify solutions to address obesity. An advertising campaign targeting a single product category however, would only lead to undermine efforts to find meaningful solutions."

The mayor received an identical letter from other local Coca-Cola managers.

Ottawa Public Health's Healthy Eating and Active Living Strategy includes a "social media campaign on health effects of consuming sugar-sweetened beverages including soft drinks, energy and sports drinks, flavoured milks and juices," according to a Board of Health report.

Watson wrote in a letter back to Coburn that the strategy will give the public information on healthy eating habits, "which necessarily includes addressing the consumption of sugar-sweetened beverages."

However, he said no one supplier, product or company will be targeted.



Shireen Elias, 21, drinks a Coke outside city hall Monday. JESSICA BEDDADU/FOR METRO

Avenue to ruin? Bronson businesses want compensation



The \$30-million two-year reconstruction of Bronson Avenue is squeezing some small businesses, owners say. GRAHAM LANKTREE/METRO

Bronson Avenue stores crippled by construction are calling for the city to offer compensation for lost customers and revenue.

"Compensation should be built into the cost of the project," said Leo DeFranco, general manager of Midas Auto Service Experts near the corner of Bronson and Gladstone avenues, of the more than \$30-million two-

year street reconstruction.

"A lot of small businesses go under," he said. "Insurance can't help us out because it's not a natural disaster."

DeFranco said he has seen an 85 per cent drop in customers at his auto shop since construction shut off access to the business from Gladstone and crews began digging a water main hole in front of his shop.

Things are so bad, De-

Franco said, he now has to guide his customers over the phone on how to reach his front door. "By the time they go through the three or four side street detours it takes to get to us," he said, "they just turn around."

Work on the street was bumped up to six days a week starting Aug. 18, said Ziad Ghadban, the city's manager of design and construction,

because the city wanted to stay ahead of their timelines.

Ghadban said that it hasn't been the city's practice to offer compensation to businesses affected by redevelopment such as those on Bank and Preston streets in recent years.

"In the long term, this will be a benefit to businesses and residents," he said. "It's beautifying the street."

GRAHAM LANKTREE/METRO

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Forgotten at airport on Christmas Eve, foreign student vows to help other newcomers

For 21-year-old Parth Tadhani of Gurgaon, India, the dream of studying in Canada turned into a nightmare when he landed in Toronto on Christmas Eve, 2010, and a former classmate failed to meet him at the airport.

"It was freezing cold, and I was afraid since I didn't know where to go," recalls Parth, who waited five hours at the baggage claim before he reached a relative of his old schoolmate, who came and offered temporary shelter.

Things didn't improve soon either, since Parth struggled to master English and keep up with his electro-mechanical engineering studies at Centennial College. Every detail of daily life was confusing, including managing his money. Without a bank account, he nervously stashed cash in his room, and when he finally opened an account at a major bank, no one explained how to use debit or credit cards.

Fortunately Parth persisted and learned the Canadian ways, by making friends at college and at his apartment block, where a kindly building superintendent advised him about everything from catching a bus to depositing money at an ABM.

Parth then pledged to help other newcomers avoid stressful arrivals in Canada, like his. He contacted a community centre in India to spread the word that he could assist any Indian students landing in Toronto. Soon, he was busy exchanging e-mails with foreign students, greeting them at the airport, teaching them to use transit and register for school. At Centennial College, where students hail from around the world, his advice was quickly in demand.

Parth provides his peers future-minded financial tips, like telling them to get a credit card, and make the payments regularly, so they can build a credit history and access loans later if needed. Today, he suggests the **Scotiabank StartRight**[®] Program¹ for International Students, which includes special product offerings to provide worry-free financial solutions while studying in Canada.

Parth now knows that international students can actually apply for a bank account in Canada through select Scotiabank branches in India and Mexico or in China through China Everbright Bank, before leaving their home country, to reduce their financial concerns.

Not expecting any thanks for his volunteer duties, Parth was amazed when he was invited to a formal ceremony at City Hall last October to receive a City of Toronto Community Service Award, as well as a \$500 award from Scotiabank, to recognize his good deeds for international students.

"Parth's commitment to his peers and to helping them start right is much like the efforts of our Scotiabank advisors", remarks Winnie Leong, Vice-President, Multicultural Banking at Scotiabank. "Every day, our advisors are able

to help newcomers through our **Scotiabank StartRight** Program, offering advice and financial solutions to help them plan for their dreams in Canada. Many of these same advisors were new to Canada once, and they understand what it's like to just be starting out."

"I volunteered because someone helped me and I want to make sure that others have fewer problems," says Parth, who is graduating with top marks while he works as a peer tutor and applies for a Masters degree in engineering. "I'm happy there are people out there, including Scotiabankers, who can help remove the difficulties that newcomers often experience."



A welcome face on campus: Parth Tadhani helps newcomers at his Toronto college adapt to life in Canada.

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Ottawa revamps system for judging skilled-immigrant applications

Citizenship. Language proficiency becomes most important factor

Ottawa is revamping the point grid it has used for the past 10 years to judge skilled-immigrant applications.

The proposed revisions, to go into effect next January, will put more emphasis on language skills and professional credentials equivalent to Canada's — while de-emphasizing work experience abroad.

This would be the first major overhaul of the immigration point-grid system since 2002, when the Liberal government of the day lowered the passing mark and juggled minor point allocations.

Under amendments to the federal skilled-worker program published Friday, language proficiency — a strong indicator of how well new immigrants do economically — will become the most important factor in whether applicants are approved, worth a maximum of 28 points, up from 24.

Proposals

Citizenship and Immigration Canada is also proposing to reduce the total number of points given for work experience from 21 to 15, and increase the years of experience required to achieve full points from four years to six.

- Changes are also contemplated to the Canadian Experience Class, which allows highly skilled foreign nationals with Canadian work experience, or graduates from a Canadian university, to apply for permanent residency.
- The government is proposing to reduce the work experience required from the current 24 months to 12, over the preceding three years.

The total "passing" mark will remain at 67, but the revised grid will favour younger immigrants by awarding a maximum of 12 points for applicants in the 18-35 age bracket. Applicants over 46 would get 0 points.

TORSTAR NEWS SERVICE



Fire sweeps through Croatian countryside

Croatian firefighters attempt to extinguish a forest fire near the town of Perkovici near Sibenik, 230 kilometres south of the Zagreb, Croatia, on Monday. Firefighters fought a fire that destroyed a large swath of forest and scrub land near the Adriatic coast.

SULEJMAN OMERBASIC/THE ASSOCIATED PRESS

Venezuela

More than 20 dead in prison riot

More than 20 people were killed during a prison riot as two groups of inmates waged a gunbattle inside the penitentiary, Venezuelan officials said Monday. It was the latest in a series of bloody clashes that have flared in Venezuela's overcrowded prisons and become a major problem for President Hugo Chavez's government.

THE ASSOCIATED PRESS

Mexico

Two dead in running of bulls

Health authorities say two people are dead and 18 injured after this weekend's running of the bulls in the small central Mexico state of Tlaxcala. Tlaxcala state Health Department spokesman Yered Gallardo says the dead include one man who was crushed against a barrier by a charging bull. Another elderly man died Sunday after a bull escaped its enclosure and went running through the streets.

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Canada's future lies in North, says Harper

Annual Arctic sojourn. PM kicks off northern tour with bullish vision of taking advantage of region's oil, gas and mineral resources

Prime Minister Stephen Harper says Canada's future lies in the exploitation of the nation's northern resource riches, branding it as a "great national dream."

Harper kicked off his annual tour of Northern Canada Monday with a bullish vision that sees the country's prosperity fuelled by untapped Arctic resources.

"Those who want to see the future of this country should look north," he told a gathering of Tory supporters.

"Because that great national dream — the development of northern resources — no longer sleeps. It is not down the road. It is happening now. The North's time has



Canadian Prime Minister Stephen Harper and his wife Laureen pet a husky dog as they tour Caribou Crossing, Yukon, on Monday. ADRIAN WYLD/THE CANADIAN PRESS

come, my friends, and you ain't seen nothing yet."

Harper made the comments even as controversy flares on another resource front — the plan to pipe Alberta oil over sensitive British

Columbia lands to the Pacific coast and on to Asian markets.

But the turbulence bubbling in the west over the pipeline hasn't dampened Harper's view that Canada's future fortunes lie in exploiting oil, gas

and mineral resources.

Harper said mineral exploration is already reaching unprecedented levels across the North, with some 30 new projects to be developed over the next decade. **TORSTAR NEWS SERVICE**

Unpaid fines. Feds looking to recoup more than \$137 million

The federal government is looking to hire a collection agency to recoup millions of dollars in unpaid fines.

A letter of interest posted on a government contracting website shows 22,313 people owed close to \$129 million in unpaid fines as of March 31, 2011. The government said Monday that as of July 31, that number has since risen to more than \$137 million.

"Specific services of PPSC are required to collect outstanding federal fines owed to Canada, including Criminal Code fines, surcharges and court costs ordered with the federal fine at sentencing. This includes legal costs where applicable, using appropriate collection methods," the document says.

The Atlantic provinces had the most outstanding accounts, with 6,618, followed by Alberta with 4,129 and Quebec with 3,132.

Before 1996, the Criminal Code called for people to automatically be sent to jail for not paying fines, according to a PPSC spokesman. But changes to the code ended that practice.

Debt collection

In 2010-11, the report says, debt collectors recovered just \$5 million — down 15 per cent from the previous year.

- Nearly all fines collected were in the \$5,000 range, and the government closed 1,600 case files.
- Around 150 people were jailed between April 2010 and March 2011 for refusing to pay their fines, the annual report notes.

The National Fine Recovery Program started in 2002 to collect money from people convicted of crimes under federal law.

There are small fine-recovery teams in eight cities: Vancouver, Edmonton, Saskatoon, Winnipeg, Toronto, Ottawa, Montreal and Halifax. The program employs about 19 paralegals and clerks as well as part-time prosecutors, the document says. But funding for the program ends next March.

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Pussy Riot. Baird soft-pedals on sentencing of Russian punk band

The one thing John Baird has rarely done in his 15 months as Canada's top diplomat is sow doubt about where he stands on an issue.

Canada's usually outspoken foreign affairs minister stepped out of character Monday with a low-key response to last week's sentencing of Russian punk band Pussy Riot, which has sparked condemnation worldwide.

Three members of the punk band were sentenced to two years in prison on hooliganism charges for singing a song in Moscow's largest church that criticized President Vladimir Putin. Their trial has been globally denounced as an example of Russia's growing decline in tolerating dissent.

At an event on another topic Monday, Baird spoke cautiously, without naming the band, or the country, when asked about the case.

"Obviously, there's, I think, widespread concern that this was perhaps too much and that were perhaps political considerations. We support around the world independent judiciaries, and



A supporter of the Russian female punk band Pussy Riot.
MICHELLE SIU/THE ASSOCIATED PRESS

Global response

- Key Canadian allies, including the United States, Britain and the European Union, have taken a much tougher stand. They all denounced the sentence as "disproportionate" and questioned Russia's commitment to freedom.

we certainly take note of what's happened," he said.
THE CANADIAN PRESS



Slain officer remembered

A family member carries the ashes of slain peace officer Rod Lazenby during his funeral in Edmonton on Monday. Lazenby was killed when he responded to a complaint at a dog breeder's property near Priddis, Alta. Trevor Kloschinsky, 46, is charged with first-degree murder.

JASON FRANSON/THE CANADIAN PRESS

Body-parts case. Police believe they're close to identifying victim

Police are linking several body parts found in east Toronto to a woman's head, foot and a pair of hands discovered in a river west of the city — and investigators believe they're close to determining her identity.

A thigh, two calves and an arm were found Saturday and Sunday in West Highland Creek in east-end Toronto, Peel Regional Police said Monday. They believe it's likely connected to gruesome findings in the Credit River in Mississauga, Ont., which is about 45 kilometres away.

"Investigators are convinced that there are obvious similarities," Sgt. Pete Brandwood said Monday.

Police are waiting for forensic test results to confirm their suspicions that all of the body parts belonged to the same person. In the meantime, investigators are poring over missing-persons reports from both Toronto and Peel region to try to determine the identity, Brandwood said.

"I think we're pretty close to finding out who the victim is," he said. "We've pretty much isolated and narrowed down who it can possibly be, so I don't think there's any immediate scare to any family members who all of a sudden haven't seen their mother or daughter."

THE CANADIAN PRESS

Nude photos

Lawyer wants new rules for inquiry

Another battle has erupted over an inquiry into a Manitoba judge whose nude photos are on the Internet.

The independent lawyer leading the inquiry, Guy Pratte, is asking the Federal

Court of Canada to limit the actions of another lawyer involved with the hearing, George Macintosh.

Macintosh has cross-examined witnesses on behalf of the five-member panel hearing the inquiry and Pratte says the panel should remain neutral and not "enter the fray."

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E. coli

Produce supplier to recall lettuce

California produce supplier Tanimura & Antle said Sunday it is voluntarily recalling romaine lettuce that were shipped to 19 states, Puerto Rico and Canada over fears about possible E. coli contamination.

THE ASSOCIATED PRESS

Holy skinny dip

Rep. Congressman apologizes for nude Galilee swim

A Republican congressman representing Kansas has apologized for embarrassing his supporters by swimming naked at the holy site of the Sea of Galilee while on a fact-finding mission to Israel.

Freshman U.S. Rep. Kevin Yoder, 36, has not been charged in the Aug. 18, 2011, incident when he and about 20 other lawmakers and staff members jumped into the water. Politico reported Sunday that he was the only one among them who wore no clothes.

THE ASSOCIATED PRESS

Province of Alberta

Union criticizing unreported farm fatalities

The Alberta Federation of Labour is criticizing the provincial government for no longer reporting farm fatalities.

The union says the move is an example of how "agricultural workers are being erased in Alberta."

"This decision to stop reporting the number and nature of farm deaths helps to hide the real problem — Alberta's deplorable lack of workplace protection for farm workers in the province," union spokeswoman Nancy Furlong said.

THE CANADIAN PRESS

Regina

Razor blades found in pool

Police are investigating after staff at an outdoor pool found razor blades at the bottom of the pool.

The city says the blades were discovered Sunday and were embedded in a slide at Dewdney Pool.

THE CANADIAN PRESS

Akin apologizes, but refuses to quit race



Rep. Todd Akin, seen here talking with reporters last week, apologized Monday for saying in an interview that women's bodies can prevent pregnancies in "a legitimate rape." ORLIN WAGNER/THE ASSOCIATED PRESS

'Legitimate rape' gaffe. Republican Congressman appears on radio show as party members call for him to drop out of Senate bid

A congressman running for the U.S. Senate apologized Monday for his televised comments that women's bodies are able to prevent pregnancies if they are victims of "a legitimate rape," but he refused to heed calls to abandon his bid for the Senate.

Todd Akin, appearing on former presidential candidate Mike Huckabee's radio show, said rape is "never legitimate."

"It's an evil act. It's committed by violent predators," Akin said. "I used the wrong words the wrong way."

Calls for Akin's exit from the race grew Monday, with at least two Republican senators — Scott Brown of Massachu-

setts and Ron Johnson of Wisconsin — saying he should resign the party's nomination.

The six-term congressman is the Republican nominee for U.S. Senate, opposing Democratic incumbent Claire McCaskill in the November election.

The election is one of this year's most closely watched races, as it represents one of the Republicans' best chances of defeating a Democratic incumbent as they try to gain control of the Senate.

McCaskill, who is seeking a second term, is considered vulnerable because of her strong ties to President Barack Obama — she was an early supporter in 2008 — and the fact that Missouri is considered an increasingly conservative state.

"The good people of Missouri nominated me, and I'm not a quitter," he said. "And my belief is we're going to take this thing forward and, by the grace of God, we're going to win this race."

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Support group stands behind transgender ban

La Leche League. Motherhood organization says allowing Winnipeg man a leadership role violates their policy

Breastfeeding advocates and parenting gurus are voicing support for a transgender Winnipeg man who nurses his son in the wake of a motherhood support group's refusal to allow him a leadership role inside the organization.

"La Leche League Canada's decision is discriminatory," said Annie Urban, of the popular parenting blog PhD in Parenting. "It is time for La Leche League to update its guidelines and recognize that breastfeeding is not exclusively a mother's domain."



Trevor, a 27-year-old transgender man, breastfeeds his 16-month-old son. CONTRIBUTED

La Leche League Canada (LLC) recently informed Trevor MacDonald, 27, he could not lead support circles or serve as a breastfeeding coach because he identifies as a man, which

contravenes the organization's policy definition of motherhood. Only women can serve as leaders, according to LLC policy. (Trevor uses "MacDonald" as a pseudonym.)

Elisabeth Sterken, director of INFAC Canada, a non-governmental organization that promotes breastfeeding, called LLC's policy "unacceptable."

While LLC has publicly supported Trevor's right to breastfeed, and acknowledges his experience nursing his 16-month-old son, the group has no plans to budge.

"It would take a lot of discussion over probably a long period of time before anybody was ready to even consider changing policies that would be in the best interests of La Leche League's mission," Fiona Audy, chair of the group's board of directors, told the Torstar News Service on Monday.

TORSTAR NEWS SERVICE

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Local women walk by the locked house of a Christian girl in a suburb of Islamabad on Monday. Pakistani authorities arrested the girl after furious neighbours surrounded her house and accused her of burning pages of the Qur'an.

B.K. BANGASH/THE ASSOCIATED PRESS

Alleged burning of Qur'an ignites fiery response

Young girl in prison. Case demonstrates deep emotion blasphemy cases can provoke among conservative Muslims

A Christian girl was sent to a Pakistani prison after being accused by her furious Muslim neighbours of burning pages of the Islamic holy book, the Qur'an, in violation of the country's strict blasphemy laws.

A police official said Monday there was little evidence that pages of the book had been burned and that the case would likely be dropped.

But hundreds of angry neighbours gathered outside the girl's home last week demanding action in a case raising new concerns

about religious extremism in this conservative Muslim country.

Some human-rights officials and media reports said the girl was mentally handicapped. Police gave conflicting reports of her age as 11 and 16.

Police put the girl in jail for 14 days on Thursday after neighbours said they believed a Christian girl had burned pages of a Qur'an, gathering outside her house in a poor outlying district of Islamabad, said police officer Zabi Ullah.

He suggested she was being held for her protection.

"About 500 to 600 people had gathered outside her house in Islamabad and they were very emotional, angry and they might have harmed her if we had not quickly reacted," Ullah said.

Almost everyone in the girl's neighbourhood insisted she had burned

Blasphemy law

- Under Pakistan's blasphemy laws, anyone found guilty of insulting Islam's Prophet Muhammad or defiling the holy book can face life in prison or even execution.
- Critics say the laws are often misused to harass non-Muslims or target individuals.

the Qur'an's pages, even though police said they had found no evidence of it. One police official, Qasim Niazi, said when the girl was brought to the police station, she had a shopping bag that contained various religious and Arabic-language papers that had been partly burned, but there was no Qur'an.

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Astronauts shield space station from oncoming junk

Spacewalk. Even a tiny piece of space debris can inflict damage

Spacewalking astronauts improved the safety of their orbiting home Monday by installing shields to protect against zooming pieces of junk.

Gennady Padalka and Yuri Malchenko hung the panels on the Russian side of the International Space Station, after moving a bulky crane and tossing overboard a small spherical satellite.

The Russian spacewalking powerhouse — the two have 14 spacewalks between them — kept going even after Mission Control in Moscow advised them to take a break three and a half hours into their six-hour excursion.

They surged ahead despite a late start to Monday's



In this still image made from video provided by NASA, a Russian cosmonaut installs shields to improve the safety of his orbiting home on Monday.
THE ASSOCIATED PRESS PHOTO/NASA

spacewalk, the first at the space station in six months.

A leaky valve somewhere on the Russian side forced the crew to reopen the air lock and check the seals to ensure a tight fit, before Padalka and Malchenko could go out.

Padalka assured flight con-

trollers they were in no rush, but admitted it was "kind of boring" to wait an extra hour.

Armour is needed to reinforce the Russian segment, which unlike the U.S. compartments, arrived without the proper protection already in place.

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Serving up sweets. Tennis star Sharapova launches candy line

Tennis star Maria Sharapova is going into the candy business.

The four-time Grand Slam title winner launched her Sugarpova brand of 12 types of sweets on Monday at Henri Bendel in New York City.

At this year's French Open, which Sharapova won, she called Sugarpova "the most exciting project that I've ever done ... because it's my own business, my own investment, my own money."

Sharapova is ranked third heading into the U.S. Open tennis tournament, which starts next week.

THE ASSOCIATED PRESS



Maria Sharapova appears for her Sugarpova candy launch at Henri Bendel in New York on Monday.

GETTY IMAGES

Market Minute



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Natural gas: \$2.776 US (+5.7¢)
Dow Jones: 13,271.64 (-3.56)

Struggling stock

Facebook stock up after dropping \$19

Facebook's beleaguered stock received a boost after hitting its lowest level ever early Monday.

Facebook hit a low of \$18.75 US before bouncing back to \$20.01 by the time the stock market closed.

The social-networking giant's much-anticipated IPO turned sour amid technical problems on the Nasdaq and high expectations. The stock has not surpassed its \$38 IPO price since its first trading day. THE ASSOCIATED PRESS

Employment

Salaries to jump 2.9 per cent: Study

A new study suggests Canadian employees can expect to see their salaries rise by an average of 2.9 per cent next year.

That increase is slightly more than the 2.8 per cent increase projected for 2012 and close to the three per cent increase expected south of the border in 2013.

However, the rise is much lower than projected yearly increases of around 3.7 per cent before the 2008-2009 economic downturn. THE CANADIAN PRESS

Carney apologizes for banknote controversy

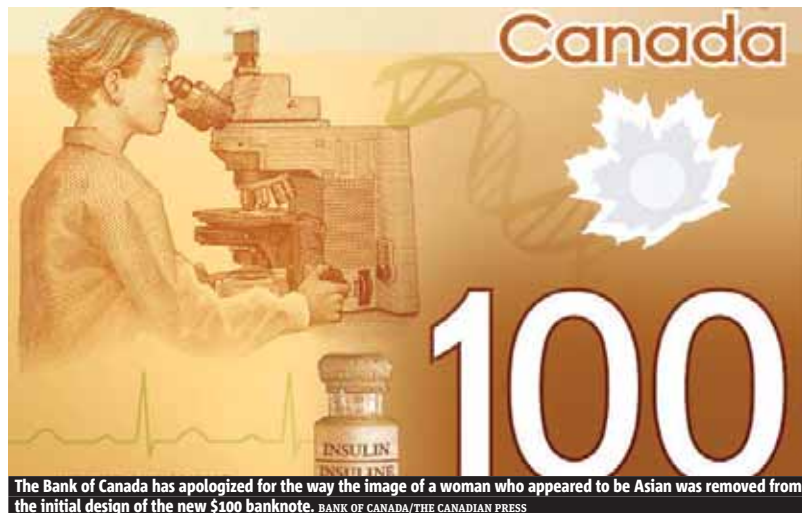
Money problems.

Image of Asian woman removed from original design of new \$100 bill after focus groups raised questions

Bank of Canada governor Mark Carney apologized Monday for the way the image of an Asian woman was removed from the initial design for new \$100 banknotes, promising to review the bank's internal processes.

"I apologize to those who were offended — the bank's handling of the issue did not meet the standards Canadians justifiably expect of us," Carney said in a statement. "Our banknotes belong to all Canadians, and the work we do at the bank is for all Canadians."

The Canadian Press reported last week that the image of an Asian woman was purged from the original design after some focus groups in October 2009 raised ques-



The Bank of Canada has apologized for the way the image of a woman who appeared to be Asian was removed from the initial design of the new \$100 banknote. BANK OF CANADA/THE CANADIAN PRESS

tions about her ethnicity.

Some of the participants said the Asian woman did not represent Canada; some said other ethnic groups should be shown as well, says a report obtained under the Access to Information Act.

By the end of 2009, an image of a white-looking woman was substituted in a move bank spokesman Jeremy Harrison said was to restore "neutral ethnicity." The original design never went into circulation.

Spokespersons for the Chinese Canadian National Council called the move "racist," and demanded the bank change its policies to stop "erasing" visible minorities from Canada's money.

THE CANADIAN PRESS

Apple sets record for company value

Tech triumph

\$624B

Apple's surging stock has pushed the company's value to \$624 billion US, the world's highest ever

Apple is Wall Street's all-time MVP — that's Most Valuable Property.

On Monday, Apple's surging stock propelled the company's value to \$624 billion US — the world's highest, ever. It beat the record for market capitalization set by Microsoft in the heady days of the Internet boom.

After a four-month dip, Apple's stock has hit new highs recently because of optimism around what is believed to be the impending launch of the iPhone 5, and possibly a smaller, cheaper iPad.

Apple has been the world's

Apple's stock has room to grow. The average price target of 38 analysts polled by FactSet is \$745.80.

Despite the surge, Apple's stock is not particularly expensive compared to its earnings for the last 12 months. The company's

price-to-earnings ratio is 15.6, compared to 16.1 for the S&P 500 overall. That suggests investors, unlike analysts, don't believe the company can grow its profits much from current levels.

Analysts believe the launch of a new iPhone in a month or two will be Apple's biggest product introduction yet.

There is also speculation that a smaller iPad could expand the number of people who can afford one of Apple's tablets. The cheapest iPad costs \$399, compared to \$199 for the latest Google and Amazon tablets. THE ASSOCIATED PRESS

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15 KM FROM START TO FINISH



**SHE
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Jessica Napier
metronews.ca/voices/
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dearest, I decided to strap on my running shoes and embark on a 15-kilometre run with hundreds of strangers.

In case you've ever wondered what it's like to pound the pavement non-stop for 15 kilometres, I thought I'd invite you into the mind of an unwilling runner.

Here's what was going through my head every sweaty step of the way:

1 km: I feel great. Am I making this look easy? I think so. Perhaps I should follow Usain Bolt's example and invent a signature finish-line move.

2 km: Getting into the groove now. Running behind a friend whose rhythmic ponytail-swaying is helping me keep a good pace.

3 km: Ugh. After spending two hours curating a playlist full of perfectly sequenced pump-up jams, my iPod seems to be stuck on shuffle. Also, whatever happened to DMX? Does he still make music?

New trend?

"Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as 'Instagunning.'"

those lame waistband water-bottle harnesses.

6 km: A HILL? Nobody told me there would be hills!

7 km: Stomach pains. Clearly a salted caramel cupcake wasn't exactly a good pre-race snack.

8 km: Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as "Instagunning."

9 km: Can I make it another six kilometres without having to use one of those questionable-looking porta-potties?

10 km: At the 10-kilometre mark I spot a random road sign that reads: "Brake for Snakes." I immediately decide to picture a group of angry snakes slithering behind me and pick up the pace.

11 km: Four more to go and I can't stop thinking about drinking the largest glass of white wine when this is all over.

12 km: Blisters, blisters, blisters, blisters, blisters, blisters.

13 km: Whoops. I accidentally threw a half-full cup of Gatorade in the general direction of a fellow runner. Run faster to avoid eye contact.

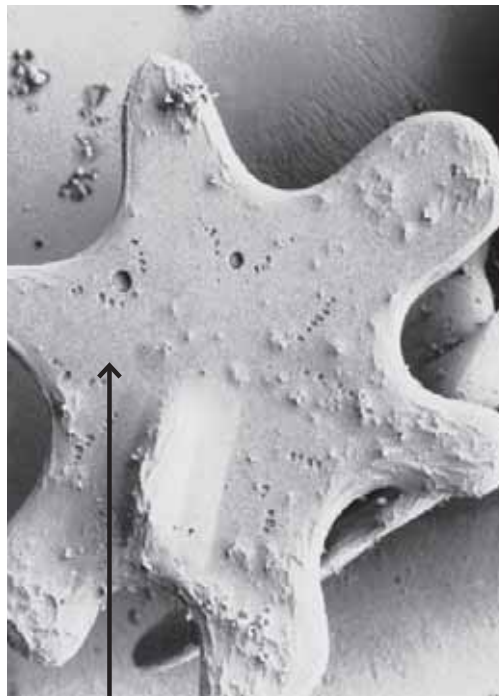
14 km: OK, you can do this. Harder, better, faster, stronger.

15 km: One hour and 38 minutes later and it's all over!

Someone give me my finisher medal and that aforementioned glass of wine.

end I celebrated my 27th birthday thought I should do something different to mark the occasion. than planning a night out of booz-debauchery with my nearest and

Snow way ... that's H₂O?



ELECTRON AND CONFOCAL MICROSCOPY LABORATORY/AGRICULTURAL RESEARCH SERVICE/U. S. DEPARTMENT OF AGRICULTURE

Snowflake art

Snow pics reveal very odd shapes

One looks like an amoeba, the other looks like something out of a futuristic, otherworldly landscape.

But these are snowflakes and ice crystals captured in stunning high detail.

Taken with a low-temperature scanning electron microscope, the pictures are products of the Beltsville Agricultural Research Center in Maryland.

METRO

Snow in detail

- **Studying snow.** Snow and ice crystals are collected on copper sample plates containing pre-cooled methyl cellulose solution. The plates are plunged into pools of liquid nitrogen, rapidly cooling them to -196 C. They are shipped to Maryland to be held in storage or examined and photographed on a pre-cooled (-170 C) stage of a scanning electron microscope.

- **Objective:** to find out the water content of the winter

snow pack. James Foster, a scientist at NASA, explains the science: "Less radiation from the ground is emitted with larger snow crystals as the radiation is more scattered. From this we can determine the thickness of the snow, and ultimately how much water it can hold."

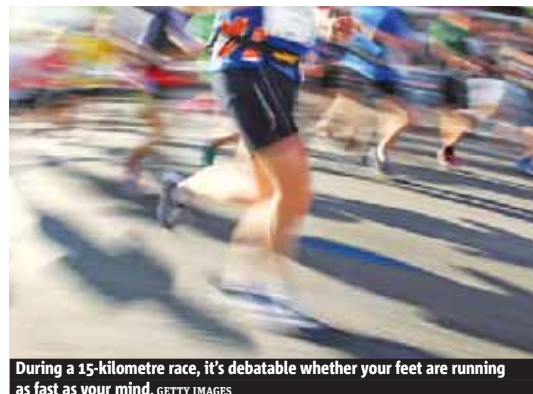
- **Different shapes.** In their basic form, snowflakes are hexagonal in shape. But once they've fallen and interacted with heat or vapour, they undergo metamorphosis. "As a result, we can get really odd shapes," Foster said.

Specialist's view

"These images show that the phrase 'No two snowflakes are alike' is probably true."

James Foster, physical scientist in hydrological sciences at NASA.

Foster explained to Metro that all snowflakes are unique because "their histories are slightly different. Everything from vapour, wind and heat affects them in a varying manner, resulting in a unique shape."



During a 15-kilometre race, it's debatable whether your feet are running as fast as your mind. GETTY IMAGES

Register at metropolitanpanel.ca and take the quick poll

Would you stay at an Ikea hotel?

50% NOT IF IT ENTAILS FURNITURE ASSEMBLY.

50% ONLY IF I CAN GET SOME OF THOSE SWEDISH MEATBALLS.

Twitter

@ThatKevinSmith: I'm coming for you! Excited to see you and that funny impressionist bastard Ralph in Ottawa on Saturday Aug 25

@ScaryBearSound: Missed the Ottawa International Film Festival's Music Video Challenge where our "Asian Fetishist" was screened because of work. Was it fun?

@fe051: will continue drinking water

from the shower despite his plumber's admonition.

@skippy_CH: RT @Cdpox: Good luck to my trainer Sean Young heading to the UK tomorrow for the #Parao-lympics! Making everyone @Can-Strength proud no matter what!

@mymindisfine: The president of the US is actually the most popular person of the whole world. The supreme ruler of all popularity contests.



SCENE 2

With *The Expendables 2* taking the No. 1 spot at the box office last weekend, we have proof once again that if you pack a ton of high-profile talent into one film, you can't lose. Here we take a look at some of the best high-head count films.

HEIDI PATALANO
Metro World News in New York



1 The Avengers (2012)

The cast: Robert Downey Jr., Scarlett Johansson, Chris Hemsworth, Mark Ruffalo, Jeremy Renner, Samuel L. Jackson, Chris Evans, Gwyneth Paltrow, Tom Hiddleston, Cobie Smulders, Stellan Skarsgård

High-power head count: 11

Critical reaction: 92 per cent approval rating on RottenTomatoes.com

What made it great: With a snappy script, skillful performances and powerful action sequences, *The Avengers* offered a well-rounded meal for hungry comic book fans.

Opening box office take: \$207.4 million

5 of the best ensemble films

5 The Royal Tenenbaums (2001)

The cast: Gene Hackman, Ben Stiller, Gwyneth Paltrow, Danny Glover, Bill Murray, Anjelica Houston, Alec Baldwin, Owen Wilson, Luke Wilson

High power head count: Nine

Critical reaction: 80 per cent approval rating on RottenTomatoes.com

What made it great: Director Wes Anderson's quirky film about family dysfunction utilized each actor's strongest talents so well that the film is largely considered his best. A 2008 survey by film magazine *Empire* named it the 159th best film of all time.

Opening box office take: \$8.5 million



2 Pulp Fiction (1994)

The cast: John Travolta, Samuel L. Jackson, Bruce Willis, Harvey Keitel, Uma Thurman, Tim Roth, Ving Rhames, Rosanna Arquette, Eric Stoltz, Christopher Walken



High power head count: 10

Critical reaction: 95 per cent approval rating on RottenTomatoes.com

What made it great: Quentin Tarantino's landmark film resurrected John Travolta's career and became a watershed moment for indie cinema.

Opening box office take: \$9.3 million

3 Ocean's 11 (2001)

The cast: George Clooney, Brad Pitt, Julia Roberts, Matt Damon, Don Cheadle, Elliott Gould, Andy Garcia, Casey Affleck, Bernie Mac, Carl Reiner, Scott Kahn



High-power head count: 11

Critical reaction: 82 per cent approval rating on RottenTomatoes.com

What made it great: Funny, stylish, smart and very, very sexy, this heist caper front-loaded with talent made Steven Soderbergh's skill as a director shine that much brighter.

Opening box office take: \$38 million

4 The Expendables (2010)

The cast: Sylvester Stallone, Jason Statham, Jet Li, Steve Austin, Dolph Lundgren, Terry Crews, Mickey Rourke, Randy Couture, Bruce Willis

High power head count: Nine

Critical reaction: 41 per cent approval rating on RottenTomatoes.com

What made it great: The first *Expendables* film may not have found favour with critics, but box office numbers don't lie — audiences loved this over-the-top homage to the action films of the 1980s.

Opening box office take: \$34.8M

On the web



Nicky Deuce, new Nickelodeon kids movie, mobbed up with four former stars of *The Sopranos*



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Prince Harry

The prince gets his party on, post Olympics

With the London Olympics behind him, Prince Harry headed back to Las Vegas this weekend for some fun and relaxation, according to People magazine. The royal bachelor was able to enjoy himself at the MGM Grand's poolside venue Wet Republic without drawing too much attention thanks to the presence of Jennifer Lopez, who was throwing a party a few bungalows away. He didn't go entirely unnoticed, of course. "A few groups of women approached him throughout

A royally good time

"He definitely loved the attention, but he looked to be a gentleman with all the women."

Source

the day and he talked to them briefly, but he didn't really center his attention on anyone," a source says. "He definitely loved the attention, but he looked to be a gentleman with all the women."



Robert Pattinson

That sucks: Bella and Edward bow out of the Twilight fan forum

It looks like more bad news for Twilight fans. In the wake of star Kristen Stewart's cheating scandal, it's been announced that she and estranged boyfriend Robert Pattinson won't be attending the four final Twilight fan conventions scheduled for before the release of the series' last film

in November, according to Zap2it.com. Their co-star, Taylor Lautner, won't be attending either, though it's unclear why he's bowed out. A spokesman for the company organizing the conventions promises attendees that they "will have a super lineup of other Twilight stars."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Nicki Minaj nabs a chair on American Idol

THE WORD
Monica Weymouth
scene@metronews.ca

American Idol hasn't had any trouble replacing former judges Steven Tyler and Jennifer Lopez with high-profile stars. A month

after Mariah Carey signed on, it looks like fellow professional diva Nicki Minaj will take a seat at the judges' table as well. "I'm not sure the deal is completely done yet, but yes, she is definitely doing it," a show insider tells Us Weekly.

"A few more slight things to sign off on but it is happening."

Our hearts go out to the hair, makeup and pillow-fluffing crews at Idol during this difficult time.

Phyllis Diller passes away at 95

Comedienne and actress Phyllis Diller died yesterday at the age of 95 in Los Angeles. She had recently suffered a fall and injured her hip, reports TMZ. Diller, who began her career in television in 1952, frequently collaborated with

Bob Hope and is credited with paving the way for female comedians.

She continued to work until recently, making cameo appearances in film and television and performing standup in 2007 on The Tonight Show.



Justin Timberlake and Jessica Biel ALL PHOTOS GETTY IMAGES



Private aisle: Did Justin and Jessica have a secret ceremony?

Did Justin Timberlake and Jessica Biel pull a fast one on Hollywood and sneak off to tie the knot this past weekend? At least one gossip columnist says yes. Janet Charlton reports on her blog that the engaged stars were in Jackson Hole, Wyoming, this weekend —

the site of Timberlake's proposal to Biel last December — for a rehearsal dinner Friday night followed by the wedding itself Saturday at a private estate. Their quests were staying at the Four Seasons resort nearby, according to Charlton's source.



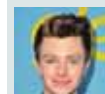
Jennifer Aniston

Ring on the speculation: What about Aniston and her beau?

Speaking of secret weddings, Justin Theroux spurred speculation that he and Jennifer Aniston had already sealed the deal when he was spotted walking around New York City this weekend sporting a ring on his left hand, according to E! Online. Of course, he and Aniston have only been engaged a

week, and she's off in North Carolina shooting a movie — and hasn't even unveiled her engagement ring yet. Plus, the ring Theroux was wearing — a large, gold item with lettering on it — didn't look very much like a traditional wedding band. Maybe he was just trying to make it clear that he's off the market.

Twitter



@chriscolfer

Does anyone else imagine @DianeSawyer when they think of God? Maybe I just watch too much news.



@TheEllenShow

13 million followers! If 13 is a lucky number, 13 million must be really lucky. I'm gonna go buy some lotto tickets.



@SethMacFarlane

I fear no man or thing the way I fear a bee in my car.



@katperry

Meditation is the new xanax.

How to detox the right way

Diet. This summer, health addicts raved about the benefits of detoxes. But is feeding your body nothing but blended fruit and vegetables really good for your health?

ROMINA MCGUINNESS
Metro World News

Unless you've been hiding out in McDonald's all summer, you'll have heard at least one of your friends mention how a juice detox helped them get the best body ever. Generally, people go on a detox because they want to lose weight, de-bloat or clear their skin. But they're missing the point, Dr. Frank Lipman, who advises Gwyneth Paltrow, tells Metro. "Your main motivation should be your health, not your weight." So is going on a detox ever a good idea? Yes, Lipman answers, as long as you're doing it right.

Why bother to try one?

"If you're going off the rails and have been eating too much crap and feel like you need to push the reset button, then a detox may be the right thing for you. But so many people do it wrong," says Lipman. "The benefits of a good detox include weight loss, higher energy levels, reduced bloating and puffiness, clearer skin, improved digestion and better sleep. It's an entry point into a healthy life."

What is it?

Going on a detox is about removing toxins from the body. Beyond that, it's about getting healthy.

According to Lipman, a

truly effective detox is one where you supply your body with the specific ingredients needed to boost its own detoxification system. We have natural detox systems, such as the liver, but these tend to get overloaded by our modern diet and lifestyle. You need to support yourself with fresh nourishing food in order to replenish your system. The gut is a huge source of toxicity as it's full of bad bacteria, so a good detox should include plenty of fibre to help remove the bacteria as well as anti-microbial herbs to kill it.

How do you do that?

Process of elimination. A detox isn't just about removing toxicity but eliminating foods from your diet that cause sensitivities or inflammation such as sugar, gluten, dairy, soy, eggs, caffeine and alcohol says Lipman.

Once the detox is over, slowly introduce the foods back into your diet one at a time and see how your body reacts.

"If you don't have a negative reaction, such as severe stomach pain, nausea, headache or fatigue, then you can assume that it's not a problem for you to continue eating these foods."

You have to stick to a detox program for a minimum of 10 days, the length of time it takes for the body to get over food sensitivities and sugar cravings.

So is detoxing dangerous?

"No, it's good to remove the crap in your diet once in a while," confirms Lipman. But it can be a problem if it's not done properly. "Ninety per cent of people go on a detox to lose weight and look good. But if they did do it in the mind set of getting healthy,



Drink it up. THINKSTOCK

Quote

"Going on a detox is like going to a food rehab."

Dr. Frank Lipman
Author of Revive: Stop Feeling Spent and Feel Great Again



they would get better results and still lose the weight."

Just reconsider juicing

The problem with a juice

detox is that there is only so much time you can spend without solid food, says Lipman. Juicing for a couple of days is fine, but you're not really cleaning out your gut, which is what a detox is all about. You think you're get-

ting skinny, but you're probably gaining weight.

"A juice detox is fine for resting the gut and not taking in gluten, dairy and refined sugar, but a lot of juice detoxes are full of fruit so full of sugar. Too many sugars and not enough nutrients could actually have an adverse effect, triggering weight gain rather than weight loss," Lipman warns. "If you're going to have a juice, make sure it's not 100 per cent fruit, but contains green leafy vegetables such as spinach or kale as well."

3 LIFE

On the Web



SuperAgers in 80s have brains similar to those 20, 30 years younger: study

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Best Health

Birth control grows up



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Still on the pill? There are many more choices available now for women, and in the current issue of Best Health magazine, writer Rhea Seymour checked it all out. Talk to your doctor about what's right for you.

If you're done having kids or positive you don't want them: Essure permanent birth control, a non-surgical procedure, is an alternative to tubal ligation ("having your tubes tied"). In the outpatient procedure, small inserts are placed in the fallopian tubes.

If you often forget to take the pill: Nuvaring is a flexible rubber ring you insert into your vagina once a month. It releases a continuous low dose of the hormones estrogen and progestin, which are absorbed by the body.

If you're looking for another pill alternative: The IUD (intrauterine device)



There are lots of options for birth control. ISTOCK PHOTOS

is regaining popularity, as there are better-designed new models than in the past. There is also the new IUS (intrauterine system) that works in a similar way. Your doctor inserts either the small flexible copper IUD or plastic IUS into the uterus. They don't need to be replaced for five years.

To find out about other new methods of birth control, and for more details on how each works, see the current issue of Best Health, and speak to your family doctor.

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Don't fear the scale. HANDOUT

Yo-yo dieters shouldn't give up

Healthy eating.

New study finds that success rates aren't that different from those who diet and those who don't

CELIA MILNE
life@metronews.ca

Keep gaining your weight back? Now there's good news for yo-yo dieters.

A new study by experts at the Fred Hutchinson Cancer Research Center in Seattle has found that yo-yo dieting does not affect your metabolism or your ability to lose weight and

keep it off.

Two thirds of the Canadian population is overweight or obese, and this is a risk factor for heart disease, diabetes, and some types of cancer.

In the Seattle study, 439 overweight, sedentary women were divided into four groups: one group dieted, one group exercised, a third group dieted and exercised, and the fourth group carried on as usual.

Women were asked about their diet history, and 42 per cent of them were yo-yo dieters — having lost more than ten pounds at least three times.

After a year, women in the diet-only and diet plus exercise arms kept off an

average of ten per cent of their weight. Success rates were not significantly different between those who had yo-yo dieted and those who hadn't. The study was published recently in the journal Metabolism.

Diets are a bad idea because they put our bodies into "survival mode," where we burn less fat.

Then, when we stop depriving ourselves, the original weight — and sometimes more — comes back, according to Dietitians of Canada. Instead, adopt a life-long attitude of eating healthy foods you enjoy (in smaller amounts) and exercising regularly.

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THIS WEEK: X-Rays Are a Vital Diagnostic Tool



Skip the pasta noodles and give lasagna potato power



This recipe serves eight to 10. NEWS CANADA

It tastes just like the Italian-style favourite, except this version replaces pasta with sliced Ontario Yukon Gold potatoes. It's a satisfying meal that's quick and easy for kids and parents to prepare.

The adults peel and slice potatoes. Older kids can par-cook potatoes in microwave and cook ground beef. All kids can layer ingredients in baking dish.

1. Preheat oven to 400 F (200 C).

2. In fry pan, cook beef on medium heat, breaking up pieces with back of wooden spoon or spatula. Stir in oregano, garlic. Remove from heat.

3. Place sliced potatoes in bottom of 2.5-quart (2.35 l) baking dish. Cover with plastic wrap. Heat on high 8 minutes or until potatoes in middle of dish are tender when pierced with a fork. Use oven mitts when removing cover.

4. Sprinkle flour on top of potatoes. In a bowl, mix cooked ground beef mix with tomato

sauce and spread over top.

5. In bowl, mix cottage cheese, egg and Parmesan cheese. Spread over tomato sauce layer. Sprinkle grated Cheddar cheeses over cottage cheese layer.

6. Bake uncovered 30 minutes, until cheese is lightly browned and sauce is bubbling at edges. Let stand 5 minutes. **NEWS CANADA**

Ingredients

- 1 lb (500 g) lean ground beef
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (3 ml) chopped garlic
- 2 lb (1 kg) Ontario Yukon Gold potatoes, peeled and thinly sliced
- 1 tbsp (15 ml) all-purpose flour
- 1 1/2 cups (375 ml) tomato sauce
- 1 1/2 cups (375 ml) cottage cheese
- 1 egg
- 1/3 cup (75 ml) grated Parmesan or Romano cheese
- 1 cup (4 oz /100 g) grated Cheddar and mozzarella cheeses

Health Solutions

Condiment conundrum



NUTRI-BITES
Theresa Albert, DHN, RNCPT
myfriendinfood.com

Everyone likes a burger on a hot summer day!

But most of them pack enough of a calorie bomb without adding insult by condiment.

Be careful what you top your babies with, and be able to enjoy them more often (and for longer).

Don't

• 1 oz grated cheddar cheese adds 119 calories and 9 grams of fat

• 1 tbsp mayonnaise adds 60 to 80 calories and 8 to 12 grams of fat

• Lick's Guck or "special" sauce adds 50 calories and 6 grams of fat

Do

• Mustard adds zero calories, no

fat

• Dill pickle adds zero calories and no fat

• Dill pickle relish adds zero to five calories and no fat

• Tomatoes, lettuce, onions and peppers are free and unlimited

Just so you know...

• 1 tbsp ketchup is 20 calories (and one whole teaspoon of sugar)

• 1 tbsp barbecue sauce is 30 calories (and one whole teaspoon of sugar)

Choose wisely. Your abs are watching you.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Roast, smash and garam masala them

Garam masala is a widely available, yet little used (in North America) seasoning blend from northern India. Like so many Indian spice blends, there is no set recipe for garam masala. The ingredients can vary tremendously by region. In general, it usually contains a mix of spices that are at once sweet and warming: coriander, cardamom, cinnamon, cloves, cumin and black pepper.

"Warming" is a flavour that has a fullness without acidity or sharp flavours. Think spice cookies and gingerbread minus the sugar.

Here, garam masala used to make smashed and roasted potatoes.



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 400 F. Coat 2 baking sheets with oil or cooking spray.

Ingredients

- 3 lbs red or yellow new potatoes
- 1/4 cup olive oil
- 1 tbsp garam masala
- Kosher salt and ground black pepper
- 1 cup grated manchego cheese

2. Place potatoes in saucepan and add enough cool water to cover by 1 inch. Bring to a boil and cook until tender, about 15 to 20 minutes. Drain well.

3. Return the potatoes to the pot and set over medium heat. Heat, shaking the pan frequently to keep the potatoes moving, for 1 minute, or until dry.

4. Transfer the potatoes to the prepared baking sheets, leaving 2 inches around each. One at a time, set a sturdy mug over each and push down to lightly

crush. They should be lightly cracked and slightly flattened, but not falling apart.

5. In liquid measuring cup, whisk together the olive oil and garam masala. Drizzle the oil over the potatoes, coating each one well. Season the potatoes with salt and pepper, then roast for 15 minutes, or until lightly browned. Sprinkle the manchego over each, then return to the oven for 5 to 7 minutes, or until the cheese begins to brown.

THE ASSOCIATED PRESS

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Advice

How to use
a dinner
napkin

**CHARLES
THE BUTLER**
askcharlethebutler@
metronews.ca
For more, visit
charlesmacpherson.com

There's always debate on the proper use of a dinner napkin. How about in this instance? If a person has used a table napkin, then that would mean there

is food on it, as well as some of the diner's saliva. Therefore, if they left this napkin on their chair, the next person to sit there would get traces of said offending materials on their clothing.
Kristin

Dear Kristin,
Since my previous article about the use of dinner napkins, I have received many, many emails like yours.

But you made me think that perhaps people may

be confused on how best to use a dinner napkin that actually avoids everyone's concerns about soiling the seat and clothing.

When you first sit down and place a clean napkin on your lap the napkin should be folded in half lengthwise — the folded end goes toward you and the open end away from you (where your knees are).

When you need to use your napkin, always bring the open end up to your mouth and wipe your lips/mouth with the inside por-

tion of the folded napkin. This keeps the dirt, food and grease away from the outside of the napkin and thus protects your clothing when you put it back on your lap, or should you need to leave it on the chair.

Based on your emails, many readers feel very passionate about napkin etiquette. I mean, who knew?

Anyway, please keep your emails coming; I love all of your comments and opinions and they are always welcome!



Make note of the fold on this napkin. ISTOCK

There's hope for the dumped

Feedback. Website offers unique method for people to get constructive criticism from their exes

**HEIDI
PATALANO**
Metro New York

For the long list of ways a person can be dumped, unfortunately most often, no actual breakup happens at all. Ending a relationship with unreturned phone calls or unanswered texts is sadly the norm.

Audrey Melnik, CEO of WotWentWrong.com, has had enough of that. Fed up with the anguish she and her friends experienced when they were kicked to the curb with no explanation, she was determined to find a productive and socially acceptable method of getting feedback from those who had ended things.

The result is a website that helps the dumped compose what Melnik describes as a "nonchalant, not clingy" email that politely asks the one who did the dumping for



WotWentWrong.com is hoping to help people like this guy understand why their exes aren't having it anymore. ISTOCK

full disclosure.

"The tone that I wanted to set pretty much throughout all of it is: 'I'm not trying to get back together with you; I just want to know so I can not make that mistake in the future and improve the next time,'" Melnik explains.

Users can select from a number of tones — from flippant to flattering, philosophical to sincere — from which to compose their email to the ex-mate from whom they are seeking an answer. The site provides text like, "Going out with you was fun for me, and

I believed for a while that it was also fun for you. Since I haven't heard from you for a while, I'm assuming things have changed. It would really be great if you could give me some feedback on what went wrong."

Customize the message

however you see fit, and it gets sent off to the object of your unrequited affection.

Melnik so far has been pleased with the results. Not only has the site helped many daters learn more about their own annoying dating habits, but the anonymously aggre-

Top 3 reasons for dumping

- 1 Not ready for a relationship
- 2 Lack of punctuality
- 3 You're married/bad hygiene (tied)

**DATA WAS COLLECTED FROM
500 ANONYMOUS, RANDOM
USERS ON WOTWENTWRONG.
COM**

gated data that results from using the site has provided some fascinating statistics that will help anyone learn more about modern dating behaviour (see factbox).

"I think one of the key things that we're discovering is that there are two different facets: either there are certain things that you can learn that you are doing that you can change or there are certain things about you or your lifestyle that aren't things you can change, so it just means you should stop worrying about it," Melnik says. "Sometimes it's just about finding out that it's not about you, and that can make you feel better."

Couples therapy helps PTSD sufferers, partners, study suggests



Study author Candice Monson.
HANDOUT

A new Canadian study suggests talk therapy involving couples can make a big difference in the treatment of post-traumatic stress disorder or PTSD.

The small study found that 80 per cent of participants with PTSD improved to the point where they were no longer considered to be suffering from the condition after 15 sessions of cognitive behavioural couple therapy.

The work, which was led by a researcher at Ryerson University in Toronto, is published in this week's

issue of the Journal of the American Medical Association.

Lead author Candice Monson says the idea to look at whether couples therapy was useful in treating PTSD stems from the growing awareness that the condition places relationships under severe stress and can lead to divorce.

While some clinicians have used cognitive behavioural couples therapy for PTSD, it is not currently used extensively for the condition.

This study compared disability status and relationship satisfaction levels in 20 couples randomly assigned to get the therapy versus 20 who were put on a waiting list for the treatment.

The therapy involved 15 sessions lasting 75 minutes apiece.

The couples who didn't originally get the therapy were offered it after the study was completed.

The study included both heterosexual and same-sex couples but in all cases only one member of the couple

was suffering from PTSD.

The study was funded by the U.S. National Institute of Mental Health.

"The take-home message is that of the individuals at the end of treatment that were assessed, that 80 per cent of them lost their diagnosis of PTSD," says Monson, who is a professor of psychology and director of clinical training at Ryerson.

"And 80 per cent of them had a clinically meaningful response, meaning that their scores changed enough that you should see

actual social changes in that person — so impairment related improvements."

Monson says those results are similar to what one would expect to see if the PTSD sufferer received individual talk therapy.

But the couples therapy offers the benefit of treating both the impairment and the problems it creates in the relationship with the sufferer's partner — an important bonus at a time of shrinking resources, she says.

THE CANADIAN PRESS

Sometimes even the bank screws up too

Alison's money rule.
Follow these four tips to help you deal with those big bank errors



YOUR MONEY
Alison Griffiths
money@metronews.ca

My sister would rather keep her money in a sock than deal with the big banks. Her feelings were confirmed after a recent error was made transferring funds from her old Scotiabank branch to a new one. The result was a number of bounced cheques and considerable embarrassment.

Not expecting any mea culpas, she complained to a teller who ushered her into an account manager's office. Not only did the woman apologize but she offered my sister six months of zero fees on her account.

Boldly, dear Sis said that wouldn't quite cover the NSF fees but the woman could not

authorize any more largesse. Enter the branch manager who proclaimed, "let's just do away with your fees permanently."

You can't always get what you want when a bank screws up, but follow these tips to give you the best chance to notice errors and get compensation.

1. Pay attention

There's no way to catch a mistake if you're not checking your account statements and ATM transactions regularly. Be particularly vigilant about transfers, automatic deposits and debits and Internet banking.

2. Marshall your facts

Don't bother starting the complaint process until all facts and documents are at hand. Detail everything you can recall including the dates and confirmation numbers if appropriate.

3. Be prepared to go up the ladder

All bank employees, including branch managers, have limits to what they can authorize. To get more you will have to

In numbers

864M

Canadians made 864 million transactions at bank-owned ATMs in 2011.

go higher. Asking for the vice president in charge of consumer services at head office if luck runs out at the branch level. Otherwise you can file a complaint with the Ombudsman for Banking Services and Investments (obsi.ca) For TD and RBC complaints go to ADR Chambers (bankingombudsca.)

4. Hold your temper

Anger and abuse toward employees may make you feel better temporarily but it gives the bank an acceptable reason to stop dealing with you. Be firm, be reasonable then shout up a storm in private.

With billions of bank transactions in Canada annually, mistakes will happen. Do complain even about small mistakes. You could be surprised by the result.



Pay attention! If you don't check your account statements for accuracy, you might miss a bank error. ISTOCK IMAGES

Designer backpacks don't get an A+



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Parents across Canada are bracing themselves for hefty back-to-school expenses; totaling up to a whopping \$600 per family. If you throw school fees, tuition, computers and other electronics into the mix, the amount can be much greater.

Avoid spending bucket loads of money on school supplies, clothing, and backpacks and use your savings towards your child's RESP, a family trip or other memorable experience.

Before you head to the store, take an inventory of last year's leftover supplies. If the stash of pens, paper, rulers, and calculators are in descent shape, don't replace them. That's a waste of money and bad for the environment.

Cross-reference your child's school supply checklist with the items you still need and prepare a budget in consultation with your child.

This activity allows Junior to learn how a budget is created and hopefully he/she will develop a better appreciation for Mom and/or Dad's limited resources. When shopping use coupons for EVERYTHING



Sometimes you have to draw a line between fashion and function. ISTOCK IMAGES

and try to spread out your purchases so there is less pressure on your cash flow. Steer clear of specialty brands. Though they may not showcase holographic images of Disney's BRAVE, basic supplies can be 'personalized' with inexpensive stickers and designs.

Online shopping can produce further savings because retailers don't have as much overhead costs thus they can pass the savings along to customers. If you cross the border for travel, buy in bulk from discount retailers or outlet stores.

Don't be afraid to buy high quality used items like desks, computers and clothing.

When I was school-aged, both my parents were upgrading their post-secondary education. For nearly a decade, because of vast tuition expenses

and lack of full-time income, our family lived an ultra-frugal lifestyle.

When September rolled around, my brother, sister and I relied on freebies, hand-me-downs, libraries and thrift shops for nearly all our school supplies, books and clothing.

When it comes to clothing, don't be afraid to draw a firm line between fashion and function. If your child wants the latest TOMs shoes, have them pitch in their own money for it. Another way to manage a child's expectations is to explain budget trade offs; if they want a higher priced backpack, it will be at the expense of a cheaper, and less 'cool' binder.

Whatever you buy, ensure it's high quality so that you won't have to replace it prematurely.



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Hockey

Danton denied visa to join English team

Mike Danton's attempt to continue his hockey career in England is on hold after border officials refused to grant him an entry visa.

The former NHLer, who served more than five years in a U.S. prison for a failed murder-for-hire plot, had his



Mike Danton
THE CANADIAN PRESS

visa application rejected last week, the Coventry Blaze announced Monday. The team, which plays in the Elite Ice

Hockey League, said Danton plans to submit a secondary application.

THE CANADIAN PRESS

NHL

Hartnell signs big deal to stay a Flyer

The Philadelphia Flyers signed left-winger Scott Hartnell to a six-year contract extension worth \$28.5 million US on Monday.

Hartnell's new deal kicks in after the 2012-13 season.

THE CANADIAN PRESS



Scott Hartnell GETTY IMAGES FILE

NFL

"We are trying to address it, and it was just a lot of horseplay that was taken too far."

Prince Amukamara, the second-year New York Giants cornerback who was thrown into a tub of ice by teammate Jason Pierre-Paul. The club insists that was a football tradition and not bullying.



Swing away! Augusta changes stance on female membership

Golf. After 80 years, historic Masters course will finally have women in green jackets

For the first time in its 80-year history, Augusta National Golf Club has female members.

The home of the Masters, under increasing criticism the last decade because of its all-male membership, invited former U.S. secretary of state Condoleezza Rice and South Carolina financier Darla Moore to become the first women in green jackets when the club opens its season in October.

Both women accepted.

"This is a joyous occasion," Augusta National chairman Billy Payne said Monday.

The move likely ends a debate that intensified in 2002 when Martha Burk of the National Council of Women's Organizations urged the club to include women among its members. Former club chairman Hootie Johnson stood his ground, even at the cost of losing Masters television sponsors for two years, when he famously said Augusta National might one day have a woman in a green jacket, "but not at the point of a bayonet."

The comment took on a life of its own, becoming either a

Road to acceptance

A person with knowledge of club operations said Condoleezza Rice and Darla Moore first were considered as members five years ago.

- That would be four years after the 2003 Masters, when Martha Burk's protest down the street from the club attracted only about 30 supporters, and one year after Billy Payne became chairman.

slogan of the club's resolve not to give in to public pressure or a sign of its sexism.

"Oh my God. We won," Burk said. "It's about 10 years too late for the boys to come into the 20th century, never mind the 21st century. But it's a milestone for women in business."

Payne, who took over as chairman in 2006 when Johnson retired, said that Rice and Moore were not treated differently from other new members. Even so, he took the rare step of announcing two of the latest members to join because of the historical significance.

Rice, 57, was the national security adviser under George W. Bush and became secretary of state in his second term. The first black woman to be a Stan-



A view of the 15th green during this year's Masters tournament at Augusta. SCOTT HALLERAN/GETTY IMAGES FILE

ford provost in 1993, she now is a professor of political economy at Stanford's Graduate School of Business.

"I have visited Augusta National on several occasions and look forward to playing golf, renewing friendships and forming new ones through this very special opportunity," Rice said in a statement released by the club. "I have long admired the important role Augusta National has played in the traditions and history of golf."

THE ASSOCIATED PRESS



Darla Moore, left, and Condoleezza Rice were announced as the first female members of Augusta National Golf Club on Monday. THE ASSOCIATED PRESS FILE

Mobile sports



His arm still appears strong and he's been able to weather some hard hits, but Peyton Manning and his Denver Broncos have yet to show the ability to pile up the points so far in the NFL pre-season. Scan the code for the story.



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Baseball. Roger Clemens returning to baseball

Roger Clemens isn't done with baseball quite yet.

Clemens, 50, signed with the Sugar Land (Texas) Skeeters of the independent Atlantic League on Monday and he is expected to start for the minor-league team on Saturday at home against Bridgeport.

"His fastball was clocked at 87 m.p.h.; all of his pitches were working," said Randy Hendricks, Clemens' agent. "He threw a three-inning simulated game after an extensive workout warmup."

Clemens and Skeeters manager Gary Gaetti have been talking "for months," Hendricks

Five-year break

- Clemens, acquitted in June of charges he lied to Congress when he denied using performance-enhancing drugs, hasn't played for a team since pitching for the Yankees in 2007 at the age of 45.

said. Clemens is expected to discuss his decision Tuesday during a news conference in Sugar Land, about 32 kilometres southwest of Houston.

THE ASSOCIATED PRESS



Head boy Fellaini sinks Man United

Marouane Fellaini of Everton, right, celebrates scoring a header against Manchester United at Goodison Park Monday in Liverpool. United made a losing start to the Premier League season, crashing to a 1-0 defeat at Everton as Robin van Persie endured a dismal debut as a substitute.

MICHAEL REGAN/GETTY IMAGES

Cycling

Judge rejects Armstrong's suit

A federal judge in Austin, Texas, threw out Lance Armstrong's lawsuit against the U.S. Anti-Doping Agency on Monday, a decision that allows the agency's drug case against the seven-time Tour de France winner to move ahead.

Armstrong, who repeatedly has denied doping, claimed in his lawsuit that USADA lacked jurisdiction and its arbitration process violates his constitutional rights.

THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

There is no point in working too hard today — in fact it could be counter productive. If you need to burn off some of your excess emotional energy, the best way is through physical activity. Go for a walk.

Taurus

April 21 - May 21

The pace of life will pick up considerably over the next few days, so fasten your seatbelt. Creatively, all things are about to become possible — no goal is beyond you if you want it enough.

Gemini

May 22 - June 21

What you do for other people now, especially for friends and relatives, will determine how things go for you later on. You don't have to be a saint but you do have to realize you are not the only one with desires.

Cancer

June 22 - July 23

There are more than enough unhappy people in the world as it is — don't add to their number. Whatever your problems may be, you are, in fact, one of the lucky few. Shape up and start smiling again.

Leo

July 24 - Aug. 23

Stop looking for reasons to fail and start doing the things that make success more likely. What is your definition of success, exactly? It's not just about money and power. Don't forget spiritual growth.

Virgo

Aug. 24 - Sept. 23

Suddenly you are motivated. Suddenly you want to get out there into the world and make things happen. The Sun's imminent move into your sign will encourage you to believe you have what it takes. And you do.

Libra

Sept. 24 - Oct. 23

According to the planets you are getting close to the point where reality gives way to illusion. Question everything you see and hear today. Most of all, question what your own mind tells you. Can you trust it?

Scorpio

Oct. 24 - Nov. 22

You may not agree with what a loved one is doing but you owe it to them to be supportive. They have assisted you in the past, now you have the opportunity to return the favor. Don't waste it.

Sagittarius

Nov. 23 - Dec. 21

Cosmic activity close to the career angle of your chart makes this the perfect time to push ahead with your ambitions. What is it you want most out of life? What is it you dream of being and doing?

Capricorn

Dec. 22 - Jan. 20

You don't care in the slightest what people think about your words or actions. If they have a problem with any of it, well, that's just too bad. Life is too short to waste time trying to keep everyone happy.

Aquarius

Jan. 21 - Feb. 19

Something has been nagging at your mind for quite a while and will continue to nag until you do something about it. The fact that you have neglected it for so long is irrelevant — it's what you do now that matters.

Pisces

Feb. 20 - March 20

The planets urge you to ignore any and all opposition and to push ahead with your plans. Your critics may be many and vocal but they will soon come around when they see how well you are doing without their help. **SALLY BROMPTON**

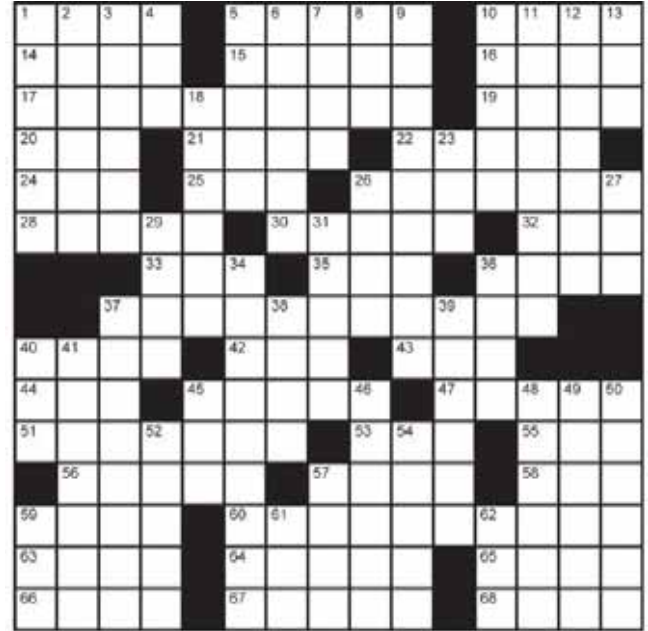
Crossword: Canadian Puzzle

Across

1. Operatic solo
5. "Sure, I'll handle it!" (2 wds.)
10. Lhasa ____: small dog
14. One of 11-Down: abbr.
15. Slobber
16. Astronaut team
17. Montréal's ____ Seaway (2 wds.)
19. Elizabeth star Blanchett
20. Can. neighbor
21. Sharpen
22. Tax month
24. *The Da Vinci Code* director Howard
25. Beatles hit "____ Loser" (2 wds.)
26. Canada's most populous province
28. Break up the romance (2 wds.)
30. Dispatches
32. Ending meaning "kind of"
33. Club ____: vacation destination
35. ____ Croix, Que.
36. Wagers
37. Northwest ____
40. "Confound it!"
42. Consumed
43. Whirlpool site
44. Serpentine seafood
45. Assent
47. Experiences pain
51. Stampede's home
53. Duo
55. Computer key: abbr.
56. "____ far, far better thing that I do ...": Dickens' *Tale of Two Cities* (3 wds.)
57. "Whole Lotta Shakin' ____ On"
58. Pontiac muscle car of the '60s
59. Russian mountain range or river
60. Grammy and Juno award winning French-Canadian singer (2 wds.)
63. Plummeted
64. School: Fr.
65. About, in contracts (2 wds.)
66. Versified tributes
67. Distributed seeds
68. Beaver projects

Down

1. Allay one's fears
2. Points the finger at (someone) (2 wds.)
3. Vancouver ____: Victoria's location
4. Alias
5. Computer data holder: acronym
6. Stadiums
7. Not one
8. ER worker, for short
9. Poisonous flowering evergreen shrubs
10. Ghana's capital
11. Provinces between BC and 26-Across, familiarly
12. The tunes a band plays at a concert (2 wds.)
13. Be in debt
18. Procol Harum's "A ____ Shade of Pale"
23. Halves of qts.
26. Aware of
27. Cries of insight
29. "... ____ a man with seven wives" (2 wds.)
31. ____ Lauder : cosmetics
34. Hotrod showdowns (2 wds.)
36. Belle's boyfriend
37. Yarn-spinner's forte (2 wds.)
38. Humble response to "Good job!" (2 wds.)
39. "There's an app for that" device
40. Xmas mo.
41. Televised again
45. Small batteries
46. Star: Fr.
48. Provincial capital whose name means "queen"
49. Loud weather phenomenon, as shortened in weather reports
50. Teacakes
52. Underwater breathing organs
54. ____ and dined: treated
57. Aura
59. Flying saucer
61. "Green" prefix
62. Performed



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Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	3	8	7	6	9	2	5	4
6	4	5	3	2	1	9	7	8
2	9	7	4	8	5	1	6	3
7	6	4	1	5	2	6	3	9
3	1	9	6	4	7	8	2	5
5	6	2	9	3	8	7	4	1
8	5	1	2	7	4	3	9	6
4	7	6	8	9	3	5	1	2
9	2	3	5	1	6	4	8	7

Today



24°/12°
Partly cloudy

Wednesday



28°/15°
Sunny

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Legal Assistant

NEW PROGRAM!

Program Objective

This program prepares you to become a vital and valued member of a legal team in a variety of work environments such as law firms, legal departments, governments and financial service companies to name just a few! Strong administrative skills combined with an excellent foundation of legal and procedural knowledge allows you to help the legal team to function smoothly and efficiently.

Career Opportunities

Numerous career opportunities exist for Legal Assistants. Law offices, courts, financial organizations, insurance companies, Police and armed forces are but a few of organizations requiring Legal Assistants. Algonquin Careers Academy provides hands on instruction in a well-equipped classroom. The Legal Assistant Diploma program consists of 34 weeks of training, including a 4 week co-op placement.

Courses included in the Legal Assistant program are:

- General Law Office Procedures
- Wills and Estates
- Civil Litigation
- Real Estate Law
- Family Law
- Corporate and Commercial Law
- Principals of Canadian Law and Legal Terminology
- Introduction to Computers (Word, Excel, PowerPoint)



Paralegal

Program Objective

Part-time evening program now available!

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam, you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

Career Opportunities

The need for well-trained, competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations



Personal Support Worker

Evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

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Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

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This is a 38 week program.

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